## ABSTRACT

The mop includes a handle, a pusher, a front cam, a rear cam, a mop element support and a mop element. The pusher may include a front arm and a rear arm with cam-engaging The mop element support has a center portion, a front portion and a rear portion. The front portion is attached to the center portion by a front living hinge and the rear portion is attached to the center portion by a rear living hinge. As the user moves the pusher relative to the shaft, the pusher would act upon the front cam and the rear The front cam and the rear cams would begin to rotate and cause the rear portion of the mop element support to fold along the rear living hinge and the front portion of the mop element support to fold along the front living hinge. After the mop element has been squeezed, the user would then move the pusher in the opposite direction along the shaft. pusher would engage the front and rear cams causing the front and rear portions of the mop element support to unfold along the living hinges.